



Trenton Special School District Trend Report CSH Overview Summary

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Trenton Special School District in 2007 (2002-2007 Trenton Special School District and Gibson County Special School District were a pilot site consortium).

CSH Infrastructure Established

An infrastructure for CSH has been developed for the Trenton Special School District that includes:

- School Health Advisory Committee
- Three Healthy School Teams
- School Health Policies strengthened or approved include mental health, AED policy/procedure manual has been given to TN School Board Policy Review Board, bullying policy, and the student wellness policy
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health support for our LEA totals \$284,775.

Community partnerships have been formed to address school health issues. Current partners include:

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| ➤ Gibson County Inter Agency | ➤ Subway |
| ➤ Drug Free Citizens Coalition | ➤ Imagination Library |
| ➤ Family Resource Center | ➤ Local fire department |
| ➤ Board | ➤ Mayor's office (city and county) |
| ➤ Gibson County Health | ➤ Northwest Commission on Children |
| ➤ Council | ➤ and Youth |
| ➤ West Tennessee | ➤ RHAT |
| ➤ Coordinators | ➤ Mock Crash Drama Team |
| ➤ Gibson County Health | ➤ TAPHERD |
| ➤ Department | ➤ Family Resource Center |
| ➤ UT Extension | ➤ Trenton Head Start |
| ➤ YMCA | ➤ Trenton Rotary |
| ➤ American Cancer Society | ➤ Exchange Club |
| ➤ Gibson General Hospital | ➤ Carl Perkins Child Abuse Center |
| ➤ Carey Counseling Center | ➤ Emergency Medical Team |
| ➤ Trenton Police Department | ➤ Medical Health Specialty |
| ➤ Gibson Emergency Medical | ➤ Teen Action Group |
| ➤ Agency | ➤ Humboldt City School |
| ➤ State Farm Insurance | ➤ Milan Special School District |
| ➤ Agency | ➤ Bradford Special School District |
| ➤ Jackson-Madison County | ➤ Gibson County Special School |
| ➤ General Hospital | ➤ District |

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| ➤ Head Start | ➤ Adult Education |
| ➤ Relay for Life | ➤ Tender Care of Tennessee |
| ➤ Tennessee Commission on Children and Youth | ➤ Ivy Gate |
| ➤ LeBonheur | ➤ Co-op |
| ➤ Grace Broadcasting | ➤ American Cancer Society |
| ➤ Cover Kids | ➤ Security Bank |
| ➤ Peabody High School Student Council | ➤ ACE Hardware |
| ➤ American Heart Association | ➤ Deaton's Market Place |
| | ➤ Food Rite |
| | ➤ Dyersburg State Community College |

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities that include Project Cares programs, school health screenings, health fairs, Tea Pot Trot, Go Girl Go, Girl Talk, Healthcare Foundation 5K, pre-school parent meetings, mock crash simulation, Pumpkin Fun Run, Gibson County Adult Education, Turkey Trot, Healthy School Teams, ACES course, and Zumba thon. Approximately, 230 parents have collaborated with CSH.

Students have been engaged in CSH activities that include Project Cares programs, ACES course participants, Tea Pot Trot, Go Girl Go, Girl Talk, Healthcare Foundation 5K, mock crash simulation, Pumpkin Fun Run, Turkey Trot, Healthy School Teams, Tennessee Teen Institute, ACES course, Zumba thon, preparing items for T-cap students and teachers, Relay for Life, Pink Ribbon-Breast Cancer awareness, Bobbie Banana and Buzz Bee mascots and a TENNderCare Poster Contest. Approximately 221 students have partnered with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Trenton Special School District the following health interventions have taken place:

Since 2003, there have been approximately 17,793 school health screenings with 452 referrals to Health Care Providers. This includes vision, hearing, dental and blood pressure;

Students that were seen by the school nurse were returned to class at an average rate of 91.3%. 2003 data showed the least percentage returned at 78.1 with all other years' percentage averaging 92% or above;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. BMI data for the Trenton Special School District's shows healthy weight has improved from 2008 showing 52.1% to an increase of 53.4% for the 2009 school year. A further increase of 55.0% for 2010. This show at total healthy weight increase of 2.9% over a period of 3 years.

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include Michigan Model curriculum for grades K-12, Take 10! curriculum, Skatetime, Fitness Gram cd/dvd, salad bar purchased for high school, YMCA memberships for staff and families, outdoor play equipment for elementary and middle schools, and Nutrition

Nuggets and Home to School Connection for students and parents in elementary and middle schools.

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include TAPHERD, NASN, child abuse prevention, Prevent Blindness, Take 10! training, Michigan Model training, American Heart Association recertification, AED training, suicide prevention, universal precautions, mental health 101. The CSH director and assistant have attended all required/ mandatory training.

School faculty and staff have received support for their own well-being through availability of consultations with a Registered Dietitian, regular information sheets of various health/wellness topics, availability of the school nurse, Dimensions Therapy as well as Weight Watchers at Work. and flu shots offered to all staff.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Take 10 curricula, Michigan Model curricula, health fairs, flu/vaccine updates, dental screening/dental health education, AED policy and procedures manual, CSH's contracted Registered Dietitian consultations with our teen project cares group regarding healthy eating habits for themselves and their children;
- Physical Education/Physical Activity Interventions Pumpkin Fun Run, Turkey Trot, Healthcare Foundation 5K, Tea Pot Trot 5K, Go Girl Go, all 9th grade students participate in ACES course activities, and 90 minute physical activity requirement is met;
- Nutrition Interventions – Registered Dietitian, Nutrition Nuggets information sheets to 611 elementary students, Home to School Connection information sheets to 400 middle school students, new fruits and vegetables introduced to students, new salad bar purchased for the high school, taste testing with the high school and middle school students provided with Dominoes Smart Slice pizza;
- Mental Health/Behavioral Health Interventions – Character Counts, cyber bullying program, Safe Dates curriculum and training, good touch, bad touch program, and mental health policy.

In such a short time, CSH in the Trenton Special School District has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

Lisa Phillips
731-855-3616